

Contact Nebraska ICAP at [nebraskaicap@nebraskamed.com](mailto:nebraskaicap@nebraskamed.com) or at 402.552.2881

**MAR. 2, 2021**

**LOCAL HEALTH  
DEPARTMENT  
TRAIN THE  
TRAINER FOR  
LONG TERM  
CARE**

**KEY  
TAKEAWAYS  
AND  
RESOURCE LIST**

**WEEK 4:  
COVID-19 PPE  
AND HAND  
HYGIENE IN THE  
LONG-TERM  
CARE SETTING**

**Key Takeaways:**

- COVID-19 PPE for patient interaction includes: N95 respirator (or equivalent), Face shield or goggles, isolation gown and gloves.
- Red, Yellow and Gray Zone require full COVID-19 PPE for each resident.
- Staff are responsible and accountable for wearing PPE appropriate to their duties while in the facility.
- Respirators (N95 and KN95) must be used in conjunction with a Written Respiratory Protection Plan.
- Staff should be trained in proper donning, doffing and performing a user seal check for N95 respirators before using them.
- PPE Strategies include Conventional (no shortage) Contingency (anticipated shortage) and Crisis (current shortage) Capacity.
- Hand hygiene is a vital part of preventing transmission of all communicable diseases.
- Alcohol based hand rub (ABHR) is more effective than handwashing if hands are not visibly soiled.

**Resource List:**

1. Healthcare Personnel Infection Control Recommendations: [https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Finfection-control%2Fcontrol-recommendations.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Finfection-control%2Fcontrol-recommendations.html)
2. OSHA Respiratory Protection Directives: <https://www.osha.gov/enforcement/directives/cpl-02-02-054>
3. N95 Preparedness: <https://blogs.cdc.gov/niosh-science-blog/2020/03/16/n95-preparedness/>
4. FDA KN95 EUA Approval: <https://www.fda.gov/medical-devices/coronavirus-disease-2019-covid-19-emergency-use-authorizations-medical-devices/personal-protective-equipment-euas#appendixa>
5. CDC Extended Use Guidance: <https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html>
6. CDC COVID-19 Hand Hygiene Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html#:~:text=Hand%20hygiene%20is%20an%20important,and%20infections%20in%20healthcare%20settings>